



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Lewinsville Senior Center

Address: 1613 Great Falls Street

Enter Door B3 or B4

McLean, VA 22101

Hours: Monday – Friday, 9 a.m. to 4 p.m.

Closed Saturday and Sunday

Phone: 703-442-9075, TTY 711

March 2024-May 2024

***Schedule Subject to Change (Please contact center)**

ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Monday – Friday	9 a.m. – 2:30 p.m.	(Age 50+) Do your internet surfing, email, use Microsoft Office Suite, paint & more. Three desktop workstations are available for member use. Self-guided activity.
Billiards	Monday – Friday	9 a.m. – 2:30 p.m.	Play pool on our full-sized table. All equipment provided. Self-guided activity.
Open Table Games	Monday - Friday	9 a.m. – 2:30 p.m.	(Age 50+) Open games that everyone can play! Self-guided activity.
Ping Pong	Thursdays	11:30 a.m.-3:30 p.m.	Play ping pong using our full-sized ping pong tables. All equipment provided. Self-guided activity.
Low Impact Aerobics	Mondays/Fridays	8:55 a.m. – 9:55 a.m.	Low impact cardio increasing heart rate while putting very little pressure on the joints.
18 Forms of Tai Chi with Jennifer	Monday	11 a.m.-Noon	Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. Space is limited, participation is based first come, first served.
S.A.I.L. Exercise Program	Mondays/Wednesdays	1 p.m.—2 p.m.	Stay Active and Independent for Life -balance exercise program. Space is limited, participation is based first come, first served.

Social Hour	Tuesdays	12:30 p.m. -1:30 p.m.	Rotating Activities. Please call center for more details.
Gentle Chair Yoga with Gity	Tuesdays/Thursdays	10 a.m.-11 a.m.	Continuous health and wellness program. Space is limited, participation is based first come, first served.
Bio Energy Chi Gong with Jennifer	Tuesdays	11 a.m.-Noon	Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. Space is limited, participation is based first come, first served.
Diamond Art	Wednesdays Fridays	11 a.m.-Noon 12:30 p.m.-1:30 p.m.	Relaxing arts and craft activity.
Knitting Club	Fridays	1:30 p.m.-3 p.m.	Knit and crochet with friends.
<u>FEE-BASED CLASSES. Additional registration</u>			
Title	When	Time	Description
Intermediate Line Dance	Mondays	10 a.m. – 11 a.m.	Cost \$10/Session. Separate registration.
Advanced Line Dance	Mondays	11 a.m. – Noon	Cost \$10/Session. Separate registration.
Intermediate Line Dance	Wednesdays	10 a.m. – 11 a.m..	Cost \$10/Session. Separate registration.
Advanced Line Dance	Wednesdays	11 a.m. – Noon	Cost \$10/Session. Separate registration.
Zumba Gold/Zumba Toning	Thursdays	1:30 p.m. – 3 p.m.	Cost \$10/Session. Separate registration.
Beginner’s Line Dancing – Level 1	Fridays	10 a.m. – 11 a.m.	Cost \$10/Session. Separate registration.
Beginner’s Line Dancing – Level 2	Fridays	11 a.m. – Noon	Cost \$10/Session. Separate registration.
<u>Special Events/Trips</u>			
Title	When	Time	Description
Weekly Field Trips	Tuesdays	10:15 a.m. – 1:30 p.m.	Trips are weekly and sign-up deadlines are on Tuesdays prior to trip. For additional information and trip details, please contact the center at 703-442-9075.
Monthly Holiday Social Celebration	March 14 (April & May dates TBD)	10 a.m. –11:30 a.m.	Monthly holiday celebration with themed activities.
Monthly Birthday Celebration	March 21 (April & May dates TBD)	Noon 12:30 p.m.	Celebrating monthly birthdays.Please contact center for additional information and RSVP.
<u>Center Closures</u>			
Title	When	Time	Description
Memorial Day	Monday, May 27	All Day	Lewinsville Senior Center is closed for the holiday.